MEDICINAL PLANTS USEFUL IN MOTHER AND CHILD HEALTH

LSPSS

2036

COMMUNITY HEALTH CELL

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MEDICINAL PLANTS USEFUL IN MOTHER AND CHILD HEALTH

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Medicinal plants useful in MCH

Code	Botanical name	Sanskrit name	Hindi name	Page No.
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3.	Vetiveria Zizanioides Linn	Useeram	Khas	6
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8.	Bacopa Monnieri Linn	Brahmi	Brahmi	16
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10.	Boerhavia Diffusa Linn	Punarnavaa	Sant	20
11.	Caesalpinia Bonducella Fleming	Lathaa-Karanjam	Lathaa-Karanj	22
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13.	Andrographis Paniculata	Kiraathathikthaa	Chirayita	26
14.	Uraria Lagopoides dc	Prasniparni	Pithavana	28
15.	Cyperus Rotundus Linn	Musthaa	Motha	30
16.	Elettaria Cardamomum Maton	Ela	Choti-Elachi	32
17.	Hemidesmus Indicus R Br	Saaribaa	Ananta-Mool	34
18.	Withania Somnifera Dunal	Aswagandha	Asagand	36
19.	Zingiber Officinale Rosc	Aardrakam, Suntee	Sont	38
20.	Tribulus Terrestris Linn	Gokshuram	Gokharoo	40
21.	Curcuma Longa Linn	Haridraa	Haldi	42
22.	Carum Roxburghianum Benth	Ajamoda	Ajawan	44
23.	Trigonella Foenum Graecum Linn.	Medhikaa	Medhi	46
24.	Saraca Indica Linn.	Ashoka	Asok	48
25.	Curculigo Orchioides Gaertn	Musale	Musali-Kand	50
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27.	Myristica Fragrans Houtt	Jaathi-Phalam	Jai-phal	54
28.	Terminalia Chebula Retz	Harethake	Harad	56
29.	Glycyrrhiza Glabra Linn	Yashtimadhu	Mulhatti	58
30.	Acorus Calamus Linn	Vacha	Bach	60
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33.	Sida Retusa Linn	Bala	Bariyan, Kungi	66
34.	Aegle Marmelos Corr	Bilwa	Bel	68
35.	Vitis Vinifera	Draaksha	Amgur	70

MAJOR PROBLEMS IN M.C.H. AND NAMES OF PLANTS USED

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20	Ext : Applications	42, 64, 12, 6
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22	Fever in Pregnancy	44, 4, 66, 26, 60, 70
23	General Debility	36, 24, 70. 10, 66
24	General Health	10, 24, 38, 36, 64, 70
25	Giddyness	20, 4, 36, 70
26	Haematurea	40, 10, 6, 70, 58, 34
27	Immature Abortion	10, 50, 36, 24
28	Increases Memory Power	60, 16
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No.	Major Problems in MCH	Page numbers of the Medicinal plants used
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33	Skin Complexion	60, 42, 58
34	Skin eruptions	32, 42, 34
35	Sterility	10, 12, 24, 36, 62, 66
36	Stomach pain	38, 44, 46, 2, 30, 68
37	Stomatitis	12, 70
38	Strengthen the Heart	28, 58
39	Strengthen the Uterus	42, 20, 36, 24
40	Swelling in Pregnancy	20, 38, 36, 4, 56, 40
41	Thirst	6, 4, 70, 10, 8
42	To Increase Breast Milk	10, 36, 50, 30, 24
43	Tonic For Children	70, 58, 60, 36, 12, 28
44	Tonic For Mother	24, 36, 40, 42, 70
45	Tonic For Pregnant Women	70, 66, 28, 50, 36, 12
46	Urine Retention	10, 20, 22, 40, 64, 70
47	Vomiting in Children	52, 30, 44, 68
48	Vomiting in Pregnancy	2, 68, 32, 64

Major M.C.H. Problems and useful plants

P. No.

AMENORRHOEA

18 Aloe Vera, Tourn
42 Saraca Indica Linn.
48 Curcuma Longa Linn.

ANAEMIA

2 Punica Granatum Linn.
12 Phyllanthus Emblia Linn.
70 Vitis Vinifera
20 Boerhavia Diffusa Linn

ANTI-TOXIC

32 Elettaria Cardamomum Maton
42 Curcuma Longa Linn.
60 Acorus Calamus Linn.
6 Vetiveria Zizanioides Linn.

ARTHRITIS

10 Asparagus Racemosus Willd
4 Tinospora Cardifolia Willd

ASSIST DEVP. OF TOOTH

62 Woofordia fruticosa Kurz

BAD BODY ODOUR

6 Vetiveria zizanioides Linn

BODY PAIN

4 Tinospora Cordifolia Willd
66 Sida Retusa Linn
10 Asparagus Racemosus Willd
44 Carum Roxburghianum Benth
48 Saraca Indica Linn
38 Zingiber officinale Rosc

BREATHING TROUBLE

56 Terminalia Chebula Retz
20 Boerhavia Diffusa Linn
12 Phyllanthus Emblica Linn
60 Acorus Calamus Linn

P. No.

BURNING MICTURATION

20 Boerhavia Diffusa Linn
10 Asparagus Racemosus Willd
40 Tribulus Terrestris Linn
58 Glycyrrhiza Glabra Linn

BURNING SENSATION

5 Asparagus Racemosus Willd
40 Tribulus Terrestris Linn
6 Vetiveria Zizanioides Linn
70 Vitis Vinifera
58 Glycyrrhiza Glabra Linn
34 Hemidesmus Indicus R. Br.
12 Phyllanthus Emblica Linn
8 Nelumbium Speciosum Willd

COLD

32 Elettaria Cardamomum Maton
46 Trigonella Foenum Graecum Linn
2 Punica Granatum Linn
4 Tinospora Cordifolia Willd
26 Swertia Chirata Ham
38 Znigiber Officinale Rosc

CONSTIPATION

52 Terminalia Chebula Retz.
70 Vitis Vinifera
38 Zingiber Officinale Rosc
12 Phyllanthus Emblica Linn

CONVULSIONS

16 Bacopa Monnieri Linn
60 Acorus Calamus Linn

DESPEPSIA

14 Piper Longum Linn
22 Caesalpinia Bonducella Fleming
36 Withania Somnifera Dunal
44 Carum Roxburghianum Benth
46 Trigonella Foenum Greacum Linn
58 Terminalia Chepula Retz
38 Zingiber Officinale Rosc

Major M. C. H. Problems and useful Plants

P. No.

DIARRHOEA IN CHILDREN

68 Aegle Marmelos Corr
60 Acorus Calamus Linn
44 Carum Roxburghianum Benth
30 Cyperus Rotundus Linn
52 Aconitum Heterophyllum Wall

DIARRHOEA IN PREGNANCY

2 Punica Granatum Linn
68 Aegle Marmelos Corr

EAR-ACHE IN CHILDREN

60 Acorus Calamus Linn

EPILEPSY

60 Acorus Calamus Linn
12 Phyllanthus Emblica Linn
16 Bacopa Monnieri Linn
36 Withania Somnifera Dunal

EXCESS PRESPIRATION

6 Vetiveria Zizanioides Linn
70 Vitis Vinifera
8 Nelumbium Speciosum Willd

EXT : APPLICATIONS

42 Curcuma Longa Linn
64 Phaseolus Mungo Linn
12 Phyllanthus Emblica Linn
6 Vetiveria Zizanioides Linn

FEVER IN CHILDREN

52 Aconitum Heterophyllum Wall
60 Acorus Calamus Linn
30 Cyperus Rotundus Linn
4 Tinospora Cardifolia Willd
68 Aegle Marmelos Corr
26 Swertia Chirata, Ham
70 Vitis Vinifera

FEVER IN PREGNANCY

44 Carum Roxburghianum Benth
4 Tinospora Cordifolia Willd
66 Sida Retusa Linn
26 Swertia Chirata, Ham
60 Acorus Calamus Linn
70 Vitis Vinifera

P. No.

GENERAL DEBILITY

36 Withania Somnifera Dunal
24 Ipomoea Digitata Linn
70 Vitis Vinifera
10 Asparagus Racemosus Willd
66 Sida Retusa Linn

GENERAL HEALTH

10 Asparagus Racemosus Willd
24 Ipomoea Digitata Linn
38 Zingiber Officinale Rosc
36 Withania Somnifera Dunal
64 Phaseolus Mungo Linn
70 Vitis Vinifera

GIDDINESS

20 Boerhavia Diffusa Linn
4 Tinospora Cordifolia Willd
36 Withania Somnifera Dunal
70 Vitis Vinifera

HAEMATURA

40 Tribulus Terrestris Linn
10 Asparagus Racemosus Willd
6 Vetiveria Zizanioides Linn
70 Vitis Vinifera
58 Glycyrrhiza Glabra Linn
34 Hemidesmus Indicus R. Br.

IMMATURE ABORTION

10 Asparagus Racemosus willd
50 Curculigo Orchioides Gaertn
36 Withania Somnifera Dunal
24 Ipomoea Digitata Linn

INCREASES MEMORY POWER

60 Acorus Calamus Linn
16 Bacopa Monnieri Linn

INDIGESTION

14 Piper Longum Linn
22 Caesalpinia Bonducella Fleming
44 Carum Roxburghianum Benth
46 Trigonella Foenum Graecum Linn
56 Terminalia Chebula Retz
38 Zingiber Officinale Rosc
30 Cyperus Rotundus Linn

Major M. C. H. Problems and useful Plants

P. No.

INTESTINAL WORKS

32 Elettaria Cardamomum Maton
18 Aloe Vera Tourn
44 Carum Roxburghianum Benth
2 Punica Granatum Linn

LUCORRHOEA

10 Asparagus Racemosus Wild
50 Curculigo Orchioides Gaertn
48 Saraca Indica Linn
62 Woodfordia Fruticosa Kurz

MENORRHAGIA/BLEEDING

48 Saraca Indica Linn
10 Asparagus Racemosus Willd
62 Woodfordia Fruticosa Kurz
66 Sida Retusa Linn
6 Vetiveria Zizanioides

SKIN COMPLEXION

60 Acorus Calamus Linn
42 Curcuma Longa Linn
58 Glycyrrhia Glabra Linn

SKIN IRRUPTIONS

32 Elettaria Cardamomum Maton
42 Curcuma Longa Linn
34 Hemidesmus Indicus R. Br.

STERILITY

10 Asparagus Racemosus Wild
12 Phyllanthus Emblica Linn
24 Ipomoea Digitata Linn
36 Withania Somnifera Dunal
62 Woodfordia Fruticosa Kurz
66 Sida Retusa Linn

STOMACH PAIN

38 Zingiber Officinale Rosc
44 Carum Roxburghianum Benth
46 Trigonella Foenum Graecum Linn
2 Punica Granatum Linn
30 Cyperus Rotundus Linn
68 Aegle Marmelos Corr

P. No.

STOMATITIS

12 Phyllanthus Emblica Linn
70 Vitis Vinifera

STRENGTHEN THE HEART

28 Uraria Lagopoides DC
58 Glycyrrhiza Glabra Linn

INCREASES MEMORY POWER

60 Acorus Calamus Linn
16 Bacoba Monnieri Linn

SWELLING IN PREGNANCY

20 Boerhavia Diffusa Linn
38 Zingiber Officinale Rosc
36 Withania Somnifera Dunal
4 Tinospora Cordifolia Willd
56 Terminalia Chebula Retz
40 Tribulas Terrestris Linn

THIRST

6 Vetivaria Zizanioides Linn
4 Tinospora Cordifolia Willd
70 Vitis Vinifera
10 Asparagus Racemosus Willd
8 Nelumbium Speciosum Willd

TO INCREASE BREAST MILK

10 Asparagus Racemosus Willd
36 Withania Somnifera Dunal
50 Curculigo Orchioides Gaertn
30 Cyperus Rotundus Linn
24 Ipomoea Digitata Linn

TONIC FOR CHILDREN

70 Vitis Vinifera
58 Glycyrrhiza Glabra Linn
60 Acorus Calamus Linn
36 Withania Somnifera Dunal
12 Phyllanthus Emblica Linn
28 Uraria lagopoides Dc

Major M.C.H. Problems and useful plants

P. No.

TONIC FOR MOTHER

42 Ipomoea Digitata Linn
36 Withania Somnifera Dunal
40 Tribulus Terrestris Linn
42 Curcuma Longa Linn
70 Vitis Vinifera

TONIC FOR PREGNANT WOMEN

70 Vitis Vinifera
66 Sida retusa Linn
28 Uraria lagopodes Dc
50 Curculigo Orchioides Gaertn
36 Withania Somnifera Dunal
12 Phyllanthus Emblica Linn

URINE RETENTION

10 Asparagus Racemosus Willd
20 Boerhavia Diffusa Linn
22 Caesalpinia Bonducella Fleming
40 Tribulus Terrestris Linn
64 Phaseolus Mungo Linn
70 Vitis Vinifera

P. No.

VOMITING IN CHILDREN

52 Aconitum Heterophyllum Wall
30 Cyperus Rotundus Linn
44 Carum Roxburghianum Benth
68 Aegle Marmelos Corr

VOMITING IN PREGNANCY

2 Punica Granatum Linn
68 Aegle Marmelos Corr
32 Elettaria Cardamomum Maton
64 Phaseolus Mungo Linn

Index & Usage of Plants in Pregnancy, Lactating Mother and Children

Index of Plants useful in Pregnancy

P.No.	PLANT	CURATIVE USAGE	PREVENTIVE	PROMOTIVE
10	Asparagus racemosus	burning micturition general debility haematuria thirst urine retention	bleeding sterility	body strength general health
2	Punica granatum	anaemia, cold, diarrhoea, worms stomach pain	vomiting nausea lack of appetite	
4	Tinospora cordifolia	fever body pain fever thirst		
6	Vetiveria Zizanioides ..	anti-toxic body odour burning sensation excess perspiration haematuria bleeding, fever thirst		
8	Nelumbium speciosum	burning sensation excess perspiration thirst		
12	Phyllanthus emblica	.....	.....	general health
16	Bacopa monnieri	.....	convulsions epilepsy	
20	Boerhavia diffusa	anaemia swelling giddiness urine retention		
24	Ipomea digitata ...	weakness loss of weight	..... sterility abortion	general health
26	Andrographis paniculata	fever, cold,		general health
28	Uraria lagopoides	.....	.....	strengthen the heart.
30	Cyperus rotundus ...	stomach pain		

Index of Plants useful in Pregnancy-Contd.

P No.	PLANT	CURATIVE USAGE	PREVENTIVE	PROMOTIVE
32	Elettaria cardamomum ..	skin eruptions vomiting	nausea	
34	Hemidesmus indicus	haematuria burning sensation		
36	Withania somnifera ...	swellings giddidess dyspepsia	sterility immature abortion	general health body strength
38	Zingiber officinale	indigestion cold swelling stomach pain constipation		appetite
40	Tribulus terrestris ..	haematuria swelling		
44	Carum roxburghianum	fever dyspepsia stomach pain		
50	Curculingo orchioides ..	...	Immature abortion	general health
58	Glycyrrhiza glabra ...	buring micturition haematuria.		
64	Phaseolus mungo —	vomiting		
66	Sida retusa ...	...	sterility abortion	general health
68	Aegle marmelos ...	Vomiting Diarrhoea Stomach pain		
70	Vitis vinifera ...	giddiness .. thirst burning sensation cough anaemia haematuria	anaemia	general health

Index of Plants useful for Lactating Mother

P. No.	PLANT	CURATIVE USE	PREVENTIVE	PROMOTIVE
4	Tinospora cordifolia	fever body pain fever thirst		
10	Asparagus racemosus ..	Buring micturition general deblility haematuria bleeding thirst		increases breast milk
12	Phyllanthus emblica ...	...	...	general health
18	Aloe vera	Amenorrhoea Leucorrhoea		
20	Boerhavia diffusa ...	anaemia giddiness urine retention swelling cough		
24	Ipomoea digitata	weakness leucorrhoea	loss of weight	increase breast milk.
28	Uraria lagopoides ...	.....	.....	tonic strengthen the heart. increase breast milk
36	Withania somnifera ...	swellings giddiness epilepsy	loss of weight - sterility	tonic increase breast milk
38	Zingiber officinale ...	indigestion cold swelling stomach pain constipation		appetite digestion
40	Tribulus terrestris	haematuria. swelling		
42	Curcuma longa	Amenorrhoea anti-toxic	skin disases	
48	Saraca indica	Leucorrhoea Amenorrhoea Abdominal pain	irregular periods	

Index of Plants useful for Lactating Mother-Contd.

P. No	PLANT	CURATIVE USAGE	PREVENTIVE	PREOMOTIVE
50	Curculingo orchioides ...	leucorrhoea		general health
56	Terminalia chebula ...	constipation swelling		
66	Sida retusa ...	fever neuralgia	...	general health strengthens the uterus.
68	Aegle marmelos —	vomiting diarrhoea stomach pain		
70	Vitis vinifera	giddiness .. thirst burning sensation cough anaemia haematuria	.....	general tonic blood formation

Index of Plants useful for Children

P. No.	PLANT	CURATIVE USAGE	PREVENTIVE	PROMOTIVE
12	Phyllanthus emblica ...	cough epilepsy constipation stomatitis	loss of weight primary complex	intelligence memory power mental health
16	Bacopa monnieri	convulsions epilepsy	epilepsy hysteria	mental health memory power
26	Andrographis paniculata	fever, cold		
28	Uraria lagopoides	.....	.....	strengthen the heart. given if breast milk is insufficient
30	Cyperus rotundus ...	stomach pain fever, vomiting		
32	Elettaria cardamomum...	skin eruptions vomiting		
34	Hemidesmus indicus ...	haematuria skin disease		general tonic
44	Carum roxburghianum ...	dyspepsia stomach pain vomiting		appetite
52	Aconitum heterophyllum	fever vomiting, diarrhoea		
58	Glycyrrhiza glabra ...	cough		general tonic
60	Acorus calamus	asthma diarrhoea fever	nervous disorders	mental health intelligence memory power
68	Aegle marmelos	vomiting diarrhoea stomach pain		
70	Vitis vinifera	giddiness ..... thirst, constipation cough, anaemia, haematuria		general tonic
62	Woodfordia fruticosa	.....	.....	development-of tooth

Description of Plants

with illustrations

PUNICA GRANATUM

MEDICINAL PLANTS USEFUL IN MCH

No. : 1

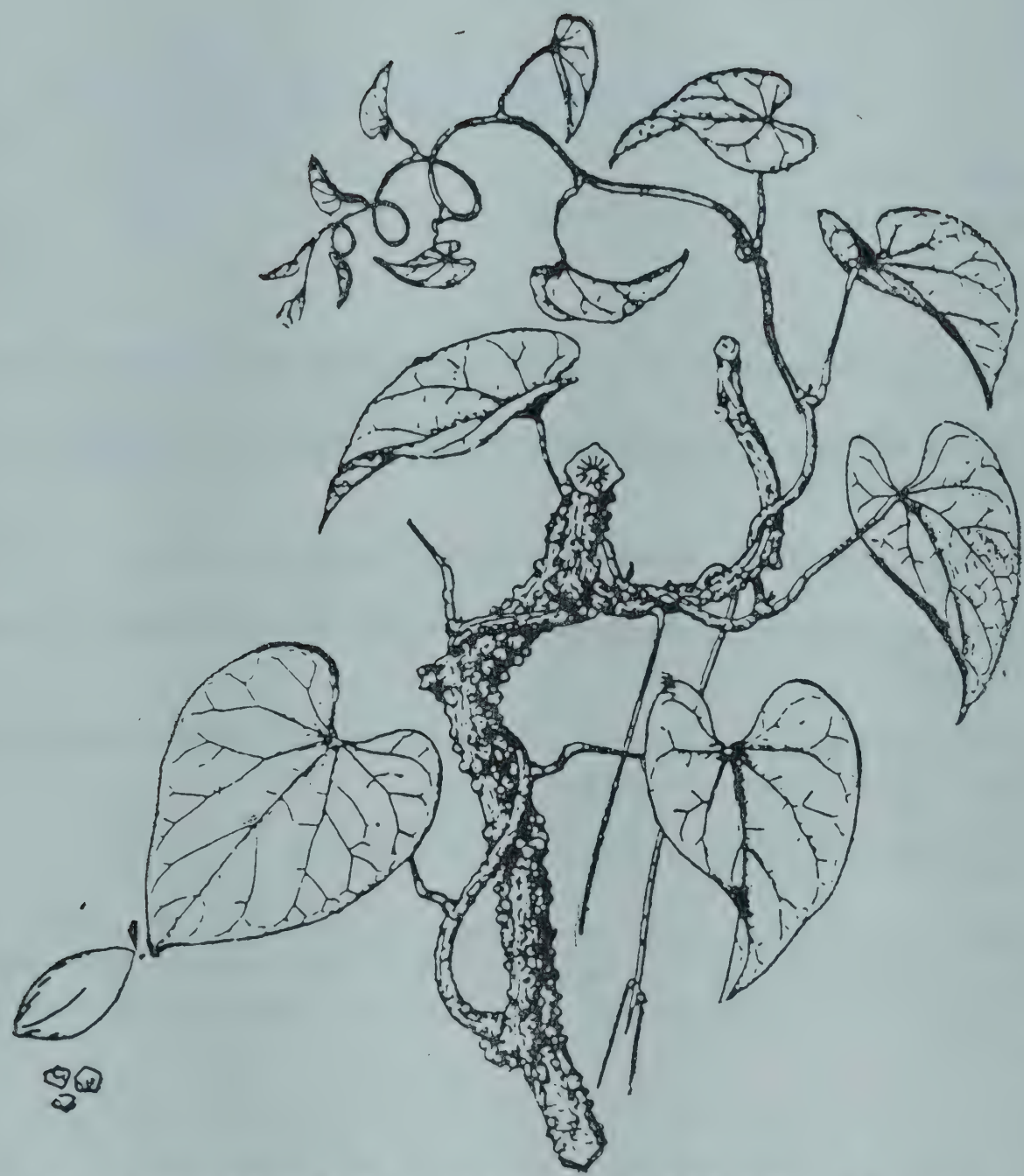
BOTANICAL NAME : PUNICA GRANATUM Linn
SANSKRIT NAME : DAADIMA
HINDI NAME : ANAAR
PARTS USED : Fruit

HABITAT :

Found throughout India.
Largely cultivated in South India and Bengal.

USES :

1. Fresh juice of the unripe daadima is given in anaemia during pregnancy.
2. In tastelessness and lack of appetite juice of unripe daadima is taken with sugar, salt, and parched corns of rice.
3. In case of dryness of throat, daadima is eaten during pregnancy.
4. In nausea during pregnancy, rice cooked with the juice of pungent daadima is used as a regular food.
5. In case of diarrhoea during pregnancy, unripe daadima made into small pieces and crushed with water is taken internally.
6. Juice of daadima with lemon juice is useful in vomiting.
7. At any stages of diarrhoea with or without mucous, the fruit bark powder 1-2 teaspoons mixed with honey can be given. Fruit bark boiled with butter milk and turmeric powder is given instead of other curry for food and the same can be drunk frequently.



TINOSPORA CORDIFOLIA Linn.

NO. : 2

BOTANICAL NAME : TINOSPORA CORDIFOLIA Willd.
SANSKRIT NAME : GUDOOCHI
HINDI NAME : GILOE, GULANCHA
PARTS USED : Stem.

HABITAT :

Throughout tropical India and Andamans.

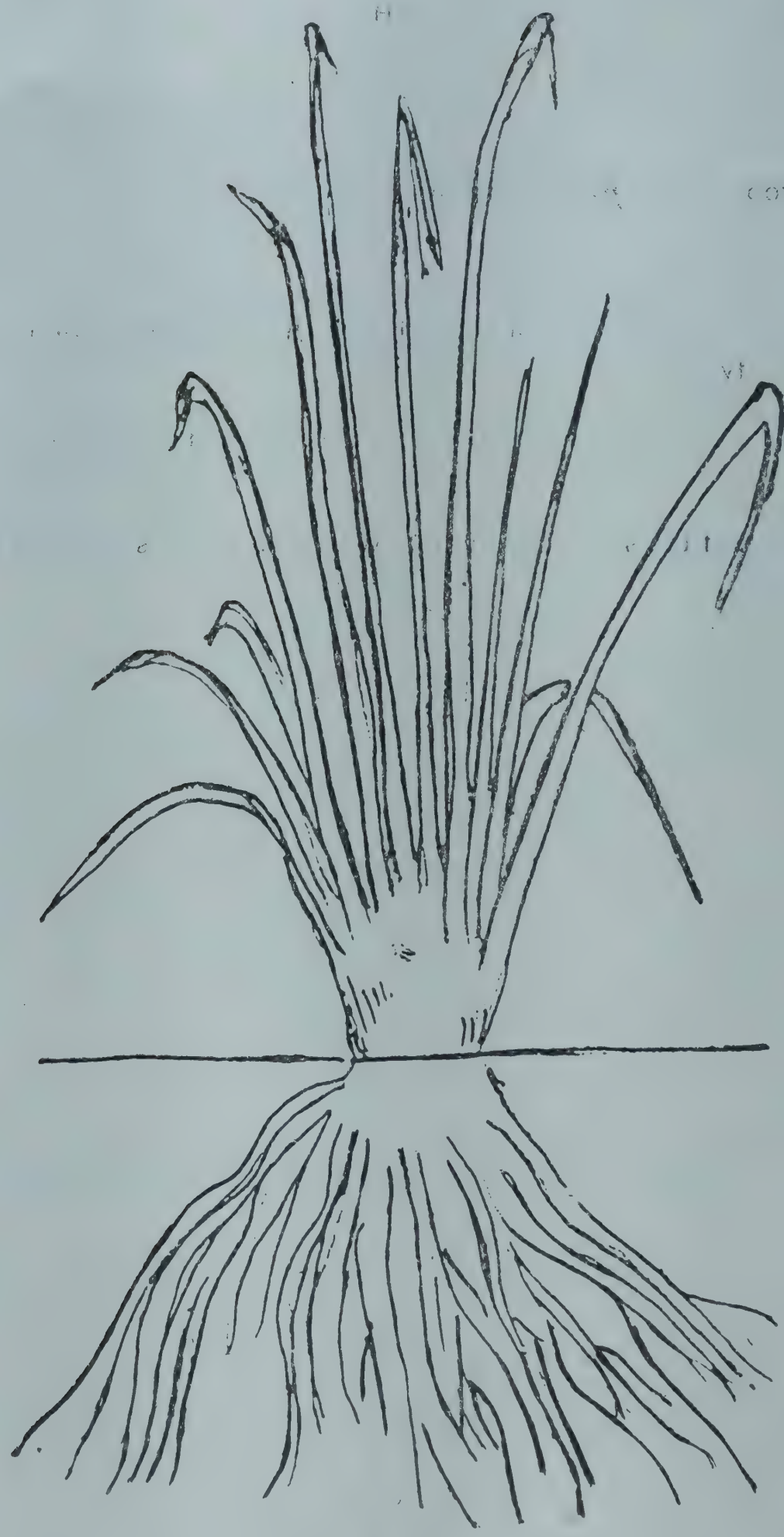
USES :

1. In fever during pregnancy, a decoction of the gudoochi stem is taken internally twice daily in empty stomach.

2. In dyspepsia, oedema and joint pain a decoction of the gudoochi stem with ginger is given.

3. A decoction of the stem of gudoochi with grapes and sugarcane is useful in jaundice of children.

VETIVERIA ZIZANIOIDES



No.: 3

BOTANICAL NAME : VETIVERIA ZIZANIOIDES Linn
SANSKRIT NAME : USEERAM
HINDI NAME : KHAS
PARTS USED : Roots.

HABITAT :

Found growing near the river banks in northern parts of India. Available plenty in Bengal, Mysore and Nagpur.

USES :

1. During pregnancy if problems like urinary tract infections and passing of blood along with urine, severe pain and burning sensation while urination occurs, useera is soaked in water for two to three hours, then strained and water is given to the pregnant lady.

2. Useera soaked water is also helpful in curing digestive problems, fever during summer and to quench thirst.

3. Useera acts as an antitoxicant. It eliminates the toxic materials formed in the body.

4. Roots of useera are made into a paste and mixed with water for taking bath in summer.

5. Roots of useera are put into drinking water for cooling and making it aromatic.

6. Internal or external use of Useera decoction/paste will decrease excessive heat, bad body odour and perspiration.

NELUMBIUM SPECIOSUM

NO. : 4

BOTANICAL NAME : NELUMBIUM SPECIOSUM Wild.
SANSKRIT NAME : KAMALAA
HINDI NAME : KANWAL
PARTS USED : Flowers, rhizomes

USES :

1. Flower of the kamal is boiled in water and given internally in case of burning sensation during pregnancy.

2. Boiled and cooled water prepared by the kamal flowers is recommended for internal use during pregnancy to overcome the abnormalities of the umblical cord, such as the cord is too long or too short.

3. To check habitual abortion during pregnancy, rhizomes of the kamal crushed and boiled along with milk is recommended,

ASPARAGUS RACEMOSUS

NO. : 5

BOTANICAL NAME : ASPARAGUS RACEMOSUS Wild.
SANSKRIT NAME : SATHAAVARI
HINDI NAME : SATHAAVAR
PARTS USED : Rhizomes.

HABITAT :

Throughout tropical sub-tropical, India upto 4000 ft in Himalayas from Kashmir eastwards.

USES :

1. For women with primary sterility or those having habitual abortions, crushed sathaavari roots boiled with milk are given. It helps to stabilize the foetus and also aids in healthy growth.

2. It is found that women who consume sathaavari during pregnancy, give birth to brilliant, intelligent and bright babies.

3. If the woman is anaemic, pale and thin, sathaavari powder along with milk or water is given. This aids in increasing the body weight and the growth of the foetus.

4. Sathaavari powder mixed with boiled water stops white discharge or bleeding during pregnancy.

5. Sathaavari boiled in water along with sugar help in curing constipation and blood discharge while passing the stools.

6. In oedema, and urine retention fresh juice of sathaavari with sugar is given during pregnancy.

7. A decoction of sathaavari is useful in burning sensation, and frequent painful micturition during pregnancy.

8. In epilepsy of children, sathaavari root juice with milk is given.

PHYLLANTHUS EMBLICA

NO. : 6

BOTANICAL NAME : PHYLLANTHUS EMBLICA Linn
SANSKRIT NAME : AAMALAKI
HINDI NAME : AAMLA
PARTS USED : Fruits.

HABITAT :

Throughout India in damp wet marshy areas.

USES :

1. Fruit juice is given internally in epilepsy during pregnancy.

2. Powder of the aamalaki fruit is mixed with a little amount of gold, ghee and honey. This is given to the new-born baby soon after the birth to gain resistance against diseases.

3. A mixture of amaalaki powder along with haridra and gudoochi in equal parts is useful in diabetes.

4. In stomatitis of children, 5 gms of bark of the aamalaki tree is made into a paste with breast milk is applied inside the mouth.

5. Fruits of amaalaki are boiled in water and it is used for taking bath after delivery.

6. In micturation and dysuria during and after the period of pregnancy.

PIPER LONGUM

NO. : 7

BOTANICAL NAME : PIPER LONGUM Linn.
SANSKRIT NAME : PIPPALI
HINDI NAME : PIPLA-MOOL
PARTS USED : Fruits.

HABITAT :

A weed found Throughout India.

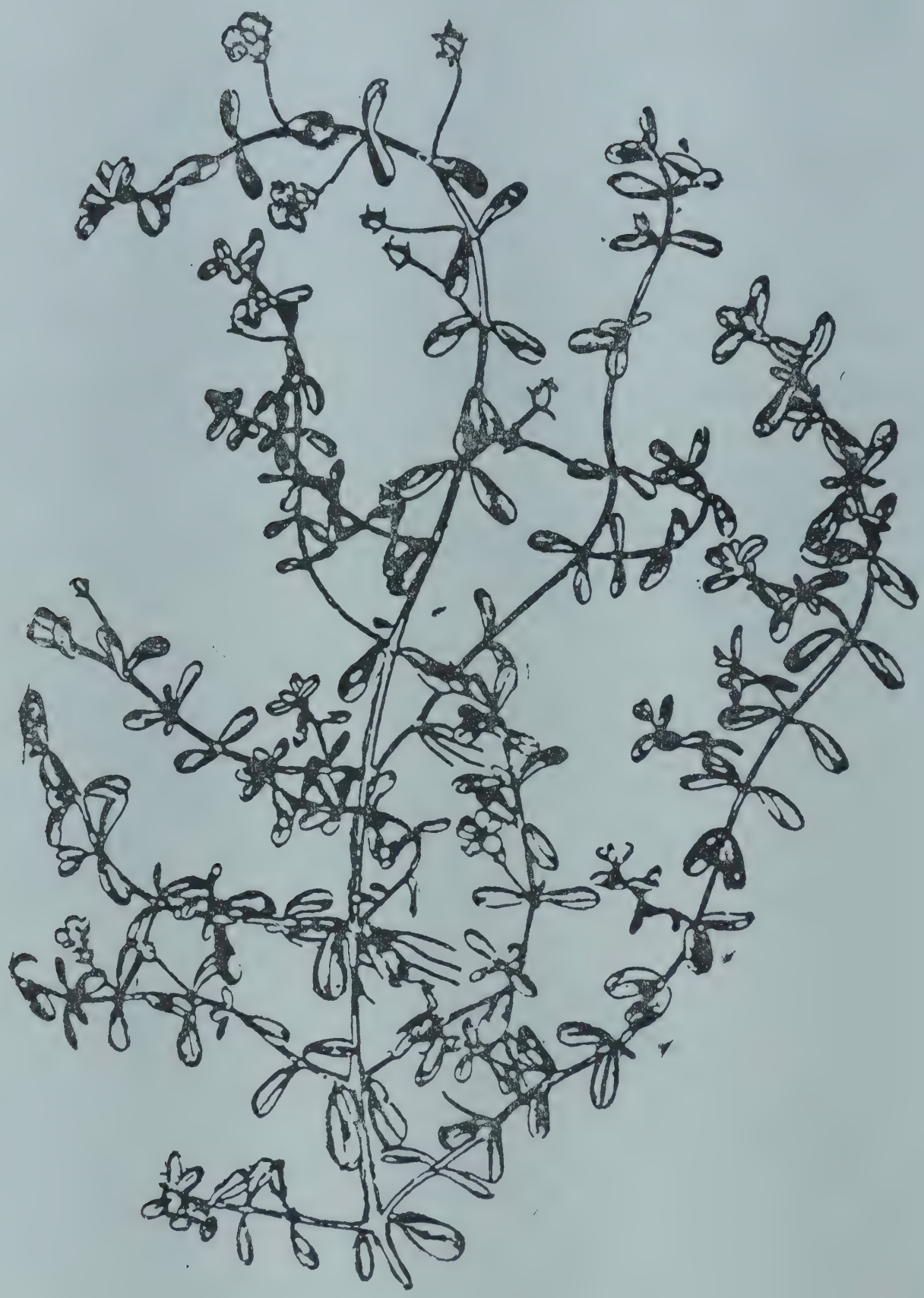
USES :

1. It is useful for the recovery of the relaxed organs soon after delivery. Powder of the pippali fruit is given internally with honey. It also cleans the uterus.

2. Rice cooked with more amount of water and powder of pepper and pippali in small quantities is given to the mother. It acts on liver and spleen, increases the blood amount and appetite.

3. In cough, breathing trouble and indigestion of children, powder of the dried pippali with honey is useful.

BACOPA MONNIERI



NO. : 8

BOTANICAL NAME : BACOPA MONNIERI Linn.
SANSKRIT NAME : BRAHMI
HINDI NAME : BRAHMI
PARTS USED : The whole plant

HABITAT :

Found in marshy places and ponds

CAUTION :

Over dosage of plant juice may cause purgation.

USES :

1. If convulsions are seen after delivery, brahmi juice mixed with the juice of aamalaki is given for frequent use.

2. Brahmi juice prepared in ghee is given internally to the infants in small doses for good memory power, intelligence and mental health.

3. In epilepsy and hysteria of the children brahmi juice mixed with milk is given,

4. The leaf juice is given to the children 5-10 ml in case of constipation.

ALOE VERA

NO. : 9

BOTANICAL NAME : ALOE VERA, Tourn
SANSKRIT NAME : KUMAARI
HINDI NAME : GHI-KANVAR
PARTS USED : Fleshy leaves

HABITAT :

Throughout India in alkaline wet regions.

CAUTION :

This drug should not be used during the period of pregnancy

USES :

1. Juice of the fleshy middle part of the kumaari leaves are given in small doses to the delivered women This will help to increase the flow of blood and aids to clean the uterus.

2. In colic pneumonia and intestinal worms of children, fresh leaf juice of kumaari with hingu (asafoetida) is given internally in doses of 1 grain. It may also be given in mothers milk.

3. Juice of the kumaari is given in leucorrhoea, amenorrhoea in doses of 20-30 ml.

BOERHAVIA DIFFUSA

NO. : 10

BOTANICAL NAME : BOERHAVIA DIFFUSA Linn
SANSKRIT NAME : PUNARNAVA
HINDI NAME : SANT
PARTS USED : The whole plant.

USES :

1. Leaves of punarnava can be used as side dish during post-natal period to prevent and treat anaemia.

2. A decoction of the punarnava root is given to the delivered women in case of anaemia due to blood loss after delivery.

3. Decoction of the punarnava root is useful to decrease the strain of delivery and gives strength to the organs.

4. In difficult micturation or in case of less urine output a decoction of the punarnava root is recommended.

(swelling :: & collection of fluid

5. If oedema is seen after delivery, decoction of the punarnava root with ginger is given.

6. In productive cough of children, root of punarnava and vacha is made into a paste and given along with ghee.

7. Root of punarnava made into a paste and mixed with coconut water is given to the children in jaundice.

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CAESALPINIA BONDUCELLA

NO. : 11

BOTANICAL NAME : CAESALPINIA BONDUCELLA Fleming
SANSKRIT NAME : LATHA - KARANJAM
HINDI NAME : LATHA-KARANJ
PARTS USED : Seeds.

CAUTION :

In summer small dosage is recommended.

USES :

1. Inner part of the seed of this plant is used.

2. To bring about contraction of the uterus after delivery, inner part of the seed is powdred with pippali fruit and given internally. This will assist to clean the uterus.

3. With hot water, powder of the inner part of the seed is given in small doses to prevent gas formation in the stomach.

4. In case of urine retention after delivery, paste of the seeds are applied over abdomen.

IPOMOEA DIGITATA

NO. : 12

BOTANICAL NAME : IPOMEA DIGITATA
SANSKRIT NAME : VIDAARE
HINDI NAME : BILAI - KAND
PARTS USED : Rhizome.

HABITAT :

Found throughout tropical parts of India especially in moist regions. Available in plenty in Bangal and Assam.

USES :

1. Powder of the fleshy root with milk is given to the mother and child as a general tonic to improve health and weight.

2. To increase breast milk, powder of the vidaare root with milk is given to the mother.

3. In sterility and immature abortion a decoction of the roots of vidaare is given with milk and sugar.

ANDROGRAPHIS PANICULATA

NO. : 13

BOTANICAL NAME : ANDROGRAPHIS PANICULATA Nees
SANSKRIT NAME : KIRAATHA-THIKTHA
HINDI NAME : CHIRAYITA
PARTS USED : The whole plant.

USES :

1. A decoction of the plant is useful in fever in children.

2. In liver disorders of children, juice of the whole plant is given internally in 5-10 ml twice daily.

3. In jaundice, a decoction of the kiraatha-thiktha, draksha and hareethaki are useful in children.

4. In burning sensation, decoction of the whole plant is useful.

URARIA LAGOPOIDES

No. : 14

BOTANICAL NAME : URARIA LAGOPOIDES DC.
SANSKRIT NAME : PRASNIPARNI
HINDI NAME : PITHAVANA
PARTS USED : Roots

USES :

1. If sufficient amount of the breast milk is not available to the new-born baby, root of the prasniparni boiled in goat's milk is given to the child.

2. A decoction of the prasniparni root is given to the child to strengthen the heart.

3. In seventh month of the pregnancy, a ghee is prepared with the decoction and paste of prasniparni root. This is given to the pregnant lady to nourish the foetus.

4. In swelling of children, a decoction is made from the root of the Prasniparni, punarnava (plant No. 10) root, aamalaki (No. : 6), musthaa (No . 15) and ajamoda (plant No 22) seeds are given. This is given with sugar.

CYPERUS ROTUNDUS

NO. : 15

BOTANICAL NAME : CYPERUS ROTUNDUS Linn.
SANSKRIT NAME : MUSTHAA
HINDI NAME : MOTHA
PARTS USED : Rhizomes.

HABITAT :

Found in upper Gangetic plain, eastwards to Bengal, Madya Pradesh and South India.

USES :

1. To increase secretion of breast milk. a paste of the musthaa is applied on the breast of the delivered women.

2. If mother is suffering from swelling on the breasts or the breast milk is impure, discoloured, or if any pus formation is there, a decoction is made with musthaa and taken internally.

3. Musthaa root powder is made into paste and given to the child along with honey or breast milk in cases of dysentry and vomiting.

4. A decoction of musthaa. gudoochi and sunti is useful in fever and indigestion.

. Children with less appetite indigested motion, the tuber 20-25 nos nearly 20 gms, put in one glass of milk and equal water and boiled into half of the total quantity is given frequently. This is useful in fever and early stages of diarrhoea.

ELETTARIA CARDAMOMUM

NO. : 16

BOTANICAL NAME : ELETTARIA CARDAMOMUM Maton.
SANSKRIT NAME : ELA
HINDI NAME : CHOTI-ELACHI
PARTS USED : Seeds.

USES :

1. Dried seeds of this plant is powdered and taken internally in case of nausea during the period of pregnancy.

2 In cold and similar allergic conditions of pregnancy, powder of the ela seeds is given with pepper powder.

3. As an external application ela powder is applied over the skin in case of itching and other skin eruptions.

4. In difficult micturition powdered ela seeds are given along with coconut water or with amala juice.

5. Powdered ela seeds with sugar is useful in belching and hiccup of pregnant ladies and children.

HEMIDESMUS INDICUS

No.: 17

BOTANICAL NAME : HEMIDESMUS INDICUS R. Br.
SANSKRIT NAME : SAARIBAA
HINDI NAME : ANANTA MOOL
PARTS USED : Roots.

USES :

1. In certain toxic conditions of pregnancy a decoction of the saaribaa root with milk is given.

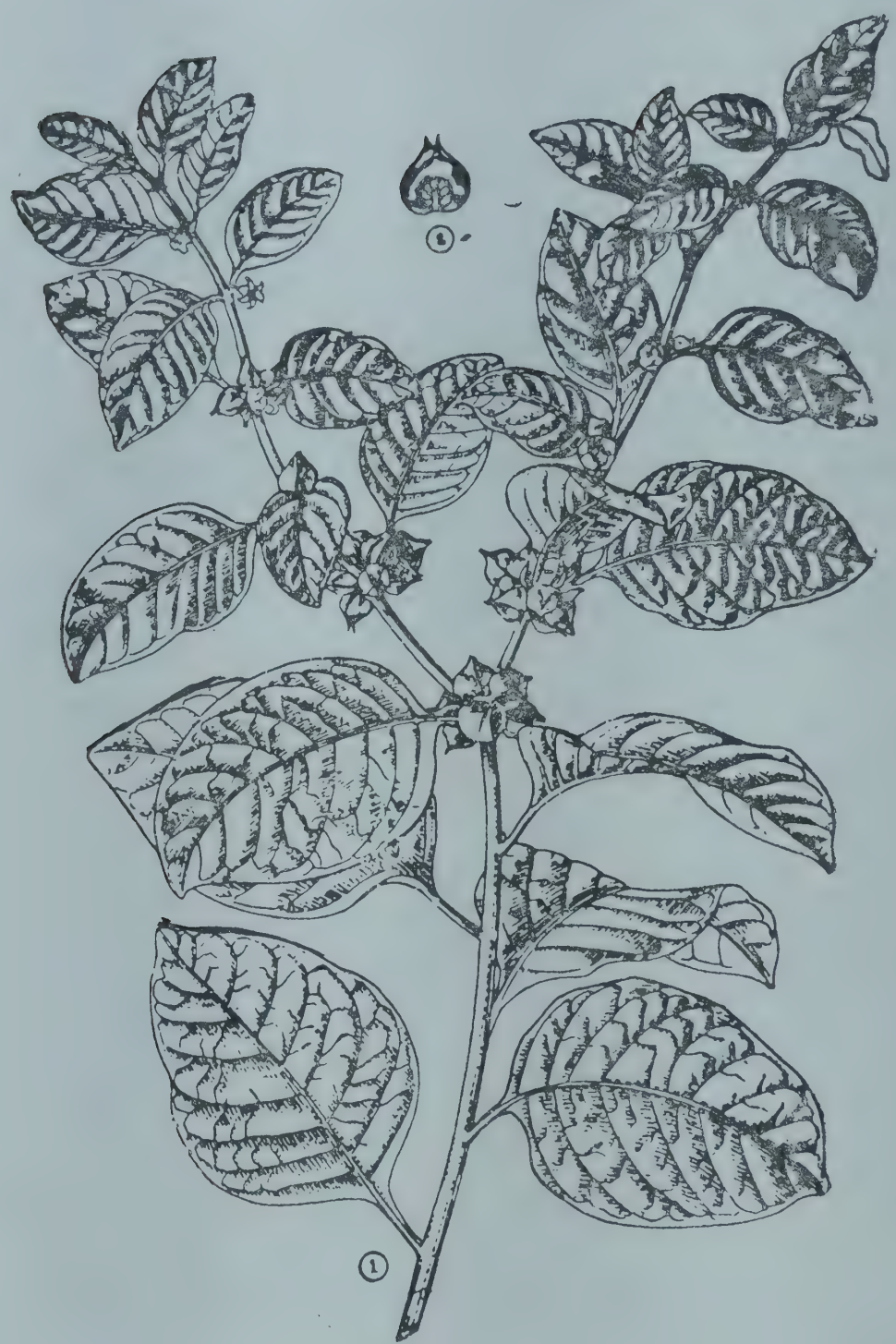
2. In nausea root of this plant is chewed or the powder of the same is given in small doses.

3. In skin diseases of children, a decoction of the saaribaa with haridra powder is given internally.

4. Powder of the saaribaa root kept in coconut water for one night is useful in uterine bleeding.

5. Root of the saaribaa and sesamum seeds are boiled in milk and applied over skin eruptions, rashes or carbuncles of children.

WITHANIA SOMNIFERA



NO. : 18

BOTANICAL NAME : WITHANIA SOMNIFERA Dunal
SANSKRIT NAME : ASWAGANDHA
HINDI NAME : ASAGAND
PARTS USED : Roots.

HABITAT :

Throughout warmer parts of India.

USES :

1. Powder of the dried root is given with milk or boiled with milk as a general tonic This can be given during pregnancy or after delivery if the woman is under-weight or lethargic.

2. To enhance breast milk secretion, powder of the aswagandha root boiled with cows milk is recommended.

3. To increase growth and weight of the child aswagandha root boiled in milk is given.

4. In giddiness and palpitation of the heart, aswagandha root with honey or milk is given.

ZINGIBER OFFICINALE

NO. : 19

BOTANICAL NAME : ZINGIBER OFFICINALE Rosc.
SANSKRIT NAME : SUNTEE
HINDI NAME : SONT
PARTS USED : Rhizomes

HABITAT :

Largely cultivated in South India, found on a large scale in warm moist regions.

USES :

1. As a food article suntee with salt or jaggery is generally used after delivery. It improves appetite and gives strength and energy to abdominal muscles.

2. In dyspepsia or tastelessness a small piece of suntee can be eaten just before the meals.

3. In fever a decoction of the suntee with guduchi is recommended as a general remedy.

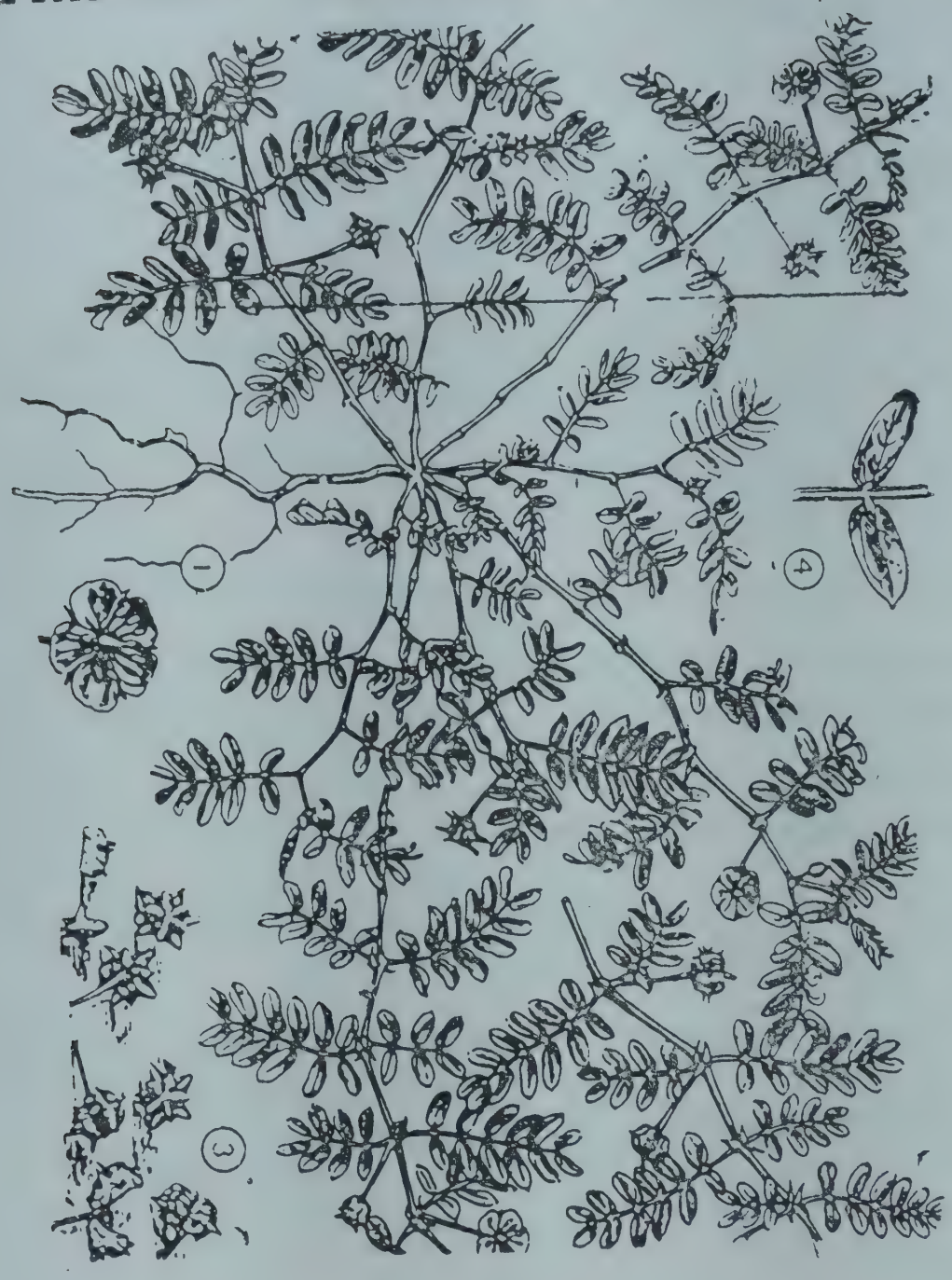
4. In diarrhoea due to indigestion suntee with jaggery is given as a paste. This is useful also in swelling all over body, sneezing and sinusitis after delivery.

5. In cases of stomach pain or vomiting due to indigestion a decoction of the suntee is prepared or the powder of the same is given.

6. Ginger with rock-salt or lemon juice taken before meals cleans the tounge, throat and increases appetite.

7. A preparation is made with dried ginger 1 part, jaggery 2 parts, black sesamum without skin 1 part, made into a powder and eaten along with hot milk in cases of pain in the vagina after delivery.

TRIBULUS TERRESTRIS



No. : 20

BOTANICAL NAME : TRIBULUS TERRESTRIS Linn.
SANSKRIT NAME : GOKSHURAM
HINDI NAME : GOKHAROO
PARTS USED : Seeds.

USES :

1. In urinary tract infections, less urine output, urine retention and swellings during or after the period of pregnancy fruits of the gokshuram are boiled in water and given for frequent use.

2. If there is any ulceration in the urinary tract, the powder of the gokshuram fruit with yashtimadhu and sugar is given for internal use.

CURCUMA LONGA

NO. : 21

BOTANICAL NAME : CURCUMA LONGA Linn.
SANSKRIT NAME : HARIDRAA
HINDI NAME : HALDI
PARTS USED : Rhizomes.

HABITAT :

This is cultivated all over India, especially in Malabar, Bengal and Canara.

USES :

1. Paste of haridraa with oil is applied over the body just before bath after delivery. This will act as an anti-toxicant.

2. Haridraa powder with ghee and honey is given after delivery to purify and give strength to the whole uterus.

3. New-born child is applied with a paste of haridraa and milk. It cleans the skin and removes all the remnants of the amniotic fluid.

4. A paste of haridraa with musthaa root is applied to skin dlseases of children.

5. Rhizomes are used as a condiment in food articles.

6. A paste of haridraa rhizomes with neem leaves are made into a paste and applied externally in case of skin diseases in children.

7 In children, a paste of the haridraa rhizomes with milk is used externally over the face to improve complexion.

8. In skin diseases, the decoction of the haridraa can be used for washing.

CARUM ROXBURGHIANUM

NO. : 22

BOTANICAL NAME : CARUM ROXBURGHIANUM Benth.
SANSKRIT NAME : AJAMODA
HINDI NAME : AJAWAN
PARTS USED : Seeds.

USES :

1. In cold, fever, stomach pain, indigestion, worm infestation and in body pain, seeds and leaves of the plant ajamoda are boiled in water and used frequently.

2. Powder of the ajamoda is useful in vomiting, stomach pain and dyspepsia of children.

TRIGONELLA FOENUM GRAECUM

No. : 23

BOTANICAL NAME : TRIGONELLA FOENUM GRAECUM Linn.
SANSKRIT NAME : MEDHIKA
HINDI NAME : MEDHI
PARTS USED : Seeds.

USES :

1. Leaves and seeds of this plant are useful. Leaves are used in the form of vegetable to reduce body ache and fever, cold spasm after delivery.

2. Powder of seeds is given with honey in diarrhoea and dysentry.

3. If the breast milk of the mother is causing indigestion to the child, both are advised to take the powder of this drug.

4. In case of back-ache, powder of the medhika with dry coconut, rotti, or jaggery is eaten.

SARACA INDICA

NO. : 24

BOTANICAL NAME : SARACA INDICA Linn
SANSKRIT NAME : ASHOKA
HINDI NAME : ASOK
PARTS USED : Bark, Flowers.

HABITAT :

Throughout in tropical and subtropical forests in India.

USES :

1. Bark of ashoka is made into a decoction and used in leucorrhoea, excessive bleeding, irregular periods and abdominal pain during the periods.

2. In cases of skin diseases especially in children, an oil is prepared by using the flowers of this plant. Flowers are made into a paste and boiled with coconut oil until all water contents are removed.

3. Decoction of the ashoka bark is useful in sore-thorat.

CURCULIGO ORCHIOIDES

No.: 25

BOTANICAL NAME : CURCULIGO ORCHIOIDES Gaertn.
SANSKRIT NAME : MUSALI
HINDI NAME : MUSALI-KAND
PARTS USED : Rhiozmes.

HABITAT :

Throughout the plains of India, sometimes cultivated.

USES :

1. A decoction of the musali is recommended in leucorrhoea.

2. As a tonic, powder of the musali root with milk is given to women after delivery.

3. Powder of the musali with milk and sugar is given to the pregnant women in case of insufficient breast milk.

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ACONITUM HETEROPHYLLUM

NO. : 26

BOTANICAL NAME : ACONITUM HETEROPHYLLUM Wall.
SANSKRIT NAME : ATHIVISHA
HINDI NAME : ATIS
PARTS USED : Roots.

CAUTION :

For internal use roots of athivisha should be purified. Sliced roots are kept in cow's urine for one night and it is taken out and dried in sun light Dose : 100-300 mg

USES :

1. Powder of the athivisha root with honey is given to the child in small dosages in cases of fever, diarrhoea, indigestion, vomiting and cough. Dose : 100-300 mg.

2. Powders of the athivisha root, dried ginger and pipper longum are mixed with honey and given to the children in cases of productive cough, fever and vomiting due to indigestion.

MYRISTICA FRAGRANS

No. : 27

BOTANICAL NAME : MYRISTICA FRAGRANS Houtt.
SANSKRIT NAME : JAATHI
HINDI NAME : JAI-PHAL
PARTS USED : Fruits

HABITAT :

Throughout tropical India and Andamans.

USES :

1. Fruit powder with honey is recommended generally in childhood diseases, such as diarrhoea, indigestion and vomiting. Usually this is given along with suntee or jaggery.

2. In diarrhoea of children, fruit powder mixed with the juice of tender mango leaves with honey is given.

TERMINALIA CHEBULA

NO. : 28

BOTANICAL NAME : TERMINALIA CHEBULA
SANSKRIT NAME : HAREETHAKI
HINDI NAME : HARAD
PARTS USED : Fruits

HABITAT :

Throughout India in hill areas.

CAUTION :

This drug is not recommended during pregnancy.

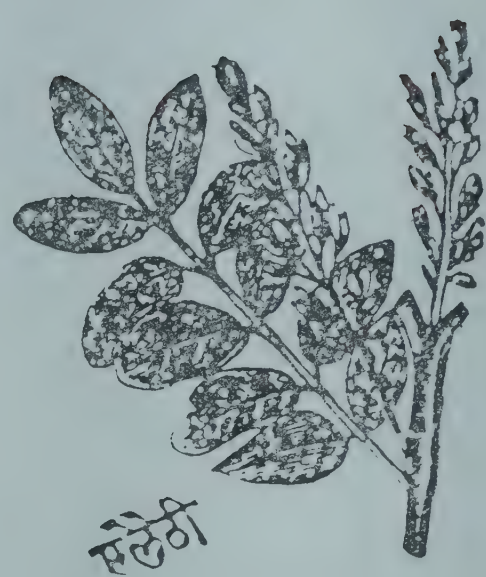
USES :

1. Outer layer of the fruit (pericarp) is boiled in water and given in cases of constipation and indigestion after delivery.

2. In cough, powder of the fruit with honey and pippali powder is given to the children.

3. Powder of the hareethaki fruit shell with musthaa (No: 15) and yashti (No : 29) is useful in difficult micturition of mother and child.

GLYCYRRHIZA GLABRA



NO. : 29

BOTANICAL NAME : GLYCYRRHIZA GLABRA Linn.
SANSKRIT NAME : YASHTI MADHU
HINDI NAME : MULHATTI
PARTS USED : Roots.

HABITAT :

The plant grows in sub - Himalayan tracts near streams. Abundantly grown in warm temperate climate, Punjab and Kashmir.

USES :

1. A decoction of the yashti madhu with honey is given to infants, in cases of cold, cough and irritation of throat.

2. A ghee is prepared with yashti and cow's ghee and it is given to the new-born child on second and third day of the delivery in small doses

3. Root of the yashti can be chewed in case of sore-throat and hoarseness.

4. In burning micturition, powder of the root is given with milk.

5. In burning eruptions or erysepalas of children. a decoction is made with yashti and musthaa (No : 15) is used externally as a wash.

6. In hiccup of children, powder of the yashti is given with honey or sugar.

ACORUS CALAMUS

NO. : 30

BOTANICAL NAME : ACORUS CALAMUS Linn.
SANSKRIT NAME : VACHA
HINDI NAME : BACH
PARTS USED : Roots.

HABITAT :

Found cultivated in damp, marshy lands, Manipur, Nagaland and Mysore.

CAUTION :

This should not be used in heavy dosages because of its property to induce vomiting.

USES :

1. In small doses, powder of the vacha root is given internally with honey to infants. This is to give good memory power, intelligence and gain resistance against diseases.

2. In diarrhoea, cough and breathing trouble powder of the vacha root is given with honey to the children in small doses.

3. Gold and vacha in honey and ghee is given to the child for one year.

4. Vacha with breast milk is given to the child for one month.

5. In case of irritation of throat, asthma and cough the root is chewed.

6. Root is eaten freely during the prevalance of any epidemic.

7. The powder of the burnt root in 3 grain doses relieves infantile diarrhoea and colic.

8. Root powder is chewed as a diuretic in calculous affections and as an anthelmintic to expel worms of children.

9. In case of ear-ache in children fresh juice of vacha is dropped into the ears.

WOODFORDIA FRUTICOSA

NO. : 31

BOTANICAL NAME : WOODFORDIA FRUTICOSA Kurz.
SANSKRIT NAME : DHAATHAKI
HINDI NAME : DHAI
PARTS USED : Flowers.

USES :

1. A liquid food is prepared with dhaathaki flowers, sugar and parched rice corn. This is given to the child for good appetite and to develop hard stool formation.

2. In diarrhoea, powder of the dhaathaki flowers with honey is useful in children.

3. In leucorrhoea, powder of the dhaathaki flowers is given along with honey.

4. In burns, powder of the dhaathaki flowers made into a paste is applied over the affected area with gingili oil.

5. To enhance the process of tooth formation in children powder of the dhaathaki flowers mixed with aamalaki fruit powder is smeared with honey over the gums.

PHASEOLUS MUNGO

NO. : 32

BOTANICAL NAME : PHASEOLUS MUNGO Linn.
SANSKRIT NAME : MUDGA
HINDI NAME : MUNG
PARTS USED : Seeds.

HABITAT :

Cultivated in many parts of India.

USES :

1. As a food article mudga is used in convalescence.

2. If breast milk is vitiated, soup of the mudga thrice daily is advised to the pregnant women.

3. Powder of the mudga is used as a bathing powder for children.

4. Fried mudga is made into a decoction and mixed with honey, parched rice corn and sugar is useful in buring sensation, fever, vomiting and less urine output especially in children.

SIDA RETUSA

No.: 33

BOTANICAL NAME : SIDA RETUSA Linn.
SANSKRIT NAME : BALA
HINDI NAME : BARIYAN, KUNGI
PARTS USED : Roots.

HABITAT :

Found in dry regions of South India, Bengal and Gujarat.

USES :

1. An oil is prepared using bala root as a main ingredient. Roots and milk are boiled with gingili oil until all the water contents gets evaporated. This oil is applied all over the body of the child soon after the birth.

   This will decrease the new-born babies muscular strain and difficulties occurred by the delivery and sudden exposure to the outside air.

2. A decoction of the bala root is given to the delivered women to decrease strain, fever and body pain.

3. A decoction of the bala root in milk is used during the period of pregnancy to avoid abortion and to help safe delivery.

4. To avoid abortion during pregnancy, a ghee is prepared with decoction of the bala root.

5. In uterine bleeding, powder of the bala root is mixed with honey is given internally along with milk

6. A paste of the bala root with freshly prepared butter is applied to the centre of the head in cases of convulsions and epileptic fits of children.

AEGLE MARMELOS

No. 34

BOTANICAL NAME : AEGLE MARMELOS Corr.
SANSKRIT NAME : BILWA
HINDI NAME : BEL
PARTS USED : Roots, Fruits.

HABITAT :

Throughout India

USES :

1. A liquid food is prepared with unripe bilwa fruit, ela, sugar and parched rice corn. This is given to the child in lack of appetite and to develop hard stool formation after birth.

2. Fleshy part of the bilwa fruit marrow is dried and powdered is used in vomiting and diarrhoea of children.

3. Juice of bilwa leaves is boiled with gingili oil and it is used in ear-ache and ear inflammation esp. in children.

4. Root of bilwa and musthaa is made into a decoction and given in vomiting and diarrhoea.

VITIS VINIFERA

NO. : 35

BOTANICAL NAME : VITIS VINIFERA
SANSKRIT NAME : DRAAKSHA
HINDI NAME : AMGUR
PARTS USED : Fruits.

USES :

1. Fruit juice of the draaksha is given to pregnant lady and mother in cases of anaemia constipation and giddiness.

2. Fruits boiled in water with jaggery is given to the child in constipation.

3. In jaundice and liver disorders a decoction of draaksha is given to the child.

4. Draaksha juice with powder of yashti and jaggery is useful in dry cough.

Preparation and dosages of Medicine

PREPARATION OF MEDICINE AND DOSAGES

1. DECOCTION :

Best vessel for preparing a decoction is mud pot. Stainless steel can be also used if mud pots are not available.

Decoction for one day is made with 60 gms of raw drugs boiled in 1 litre of water until the whole amount is reduced to 250 ml. Then the decoction is filtered with a clean white cloth and again reduced to 120 ml. on fire itself.

On empty stomach, 60 ml of lukowarm decoction is taken twice daily in early morning and evening. This dosage is for an adult and in case of children it is as follows

AGE		DECOCTION	AGE		DECOCTION
1 month	...	.50 ml	2 years	...	10 ml
2 months	...	1.00 ml	3 years	...	14 ml
3 months	...	1.50 ml	4 years	...	18 ml
4 months	..	2.00 ml	5 years	...	21 ml
5 months	...	2 50 ml	6 years	...	26 ml
6 months	...	3.00 ml	10 years	...	42 ml
12 months	...	6.00 ml	16 years	...	68 ml
			16-70 Years		68 ml.

Intake of food is advised only after digestion of the medicine.

2. POWDER :

Dried raw drugs are made into micro fine powder and kept in dry bottles. Shelf life of powder is 6 months.

3. PASTE :

Raw drugs are grinded with water or specified liquid for preparing the paste. This cannot be kept for another days use.

AGE		POWDRE/PASTE	AGE		POWDER/PASTE
1 month	...	125 mg	2 years	...	2.50 gm
2 months	...	250 mg	3 years	...	3.50 gm
3 months	...	375 mg	4 years	...	4.50 gm
4 months	...	500 mg	5 years	...	5.50 gm
5 months	...	625 mg	6 years	...	6 50 gm
6 months	...	750 mg	10 years	...	10.50 gm
12 months	...	1500 mg	16 years	...	16.50 gm
			16-70 Yrs 16.50 gm		

Dosage is relative according to the intensity of the disease.

4. JUICE :

Raw drugs crushed with little water in a clean vessel are taken into a fresh white cloth and squeezed to get the juice.

Fresh juice is prepared daily and not kept for another day's use.

Dosage is as below :

AGE		JUICE	AGE		JUICE
1 month	...	.25 ml	2 years	...	5 ml
2 months	...	.50 ml	3 years	...	7 ml
3 months	...	.75 ml	4 years	...	9 ml
4 months	...	1.00 ml	5 years	...	10 ml
5 months	...	1.25 ml	6 years	...	13 ml
6 months	...	1.50 ml	10 years	...	21 ml
12 months	...	3.00 ml	16 years	...	34 ml
			16-70 Years		34 ml.

Intake of food is advised only after digestion of the medicine.

Dosage is relative according to the digestive power of the person and intensity of the action of the drug.

5. OIL/GHEE

Methodologies followed in the preparation of oil and ghee is same. For the preparation of oil the base is oil and for ghee the base material is ghee. Generally for oil gingili oil and for ghee cow's ghee is used.

Decoction, paste and oil/ghee are mixed thoroughly in a bronze vessel and boiled until all the water contents get evaporated.

Proportion of the ingredients are as follows :

Decoction of raw drugs - 4 kgs.
Paste of raw drugs - 250 gms
Ghee/Oil for base - 1 kg.

If other liquids like milk, fresh drug juice or butter milk are told in a specific preparation, amount of decoction and these liquids should be in equal quantity.

To stop the process of boiling in the preparation of oil, following points are important for quality control.

1. Appearance of foams/bubbles on the surface.
2. If it is for internal use, paste added in the vessel should reach in muddy nature. [chikkana-paaka]
3. If it is for nasal drops, paste should be in a nature, when it can be made into threads or balls. [mriduapaaka]
4. If it is for external use, paste added in the vessels are in a nature of dry soil [khara-paaka]

DOSAGE :

Children : 1 ml - 3 ml. (oil)
: 2 ml - 5 ml. (ghee)
Adult : 5 ml - 10 ml. (oil)
: 5 ml - 15 ml. (ghee)

Intake of food is advised only after digestion of the medicine.

Dosage is relative according to the digestive power of the person, intensity of the disease and action of the medicine.

Medicinal Plants useful in Mother & Child Health

LSPSS humbly presents before you this useful hand book on mother and child health care. It is designed by keeping in mind, the common housewives who can easily prepare the remedies told in this book. Every care has been taken to see that informations are authentic and reliable.

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